



Chef's Steaming Guide



ASE7000 (2500 W)

ASE9000 (3000 W)

Amana
HIGH PERFORMANCE HAS A NAME



Table of Contents

	<u>Page Number</u>
Desserts	3
Eggs	4
Meats	5-6
Seafood	7-9
Vegetables	10-14
Soups & Sauces	15
Pasta & Rice	16
Prepared Foods	17



Look for Chef's Tips throughout this Steaming Guide!

Steaming Made Simple!

The Amana® Steamer Express™ beautifully steams foods without the extra costs, setup and complications of equipment requiring plumbing or delimiting. This innovative steamer rapidly steams foods to seal in more flavor, color and moisture than conventional steam cooking. Plus, fast steam times help ensure food tastes and looks great every time.

The Amana Steamer Express is ideal for steaming:

- | | |
|--------------|------------------|
| * Vegetables | * Seafood |
| * Pasta | * Desserts |
| * Rice | * Meats |
| * Soups | * Prepared Foods |
| * Sauces | * And more! |

Recommended Steaming Accessories:

To achieve optimum results the following accessories are recommended.

- * 1 - 1/2 size 4" Cambro® or other brand pans with lids
- * 1 - 1/2 size 6" Cambro® or other brand pan with lid
Amber colored pans are recommended.
- * Drain shelves for seafood applications
- * Microwave safe plastic baggies for individualized serving portions

DO NOT USE METAL PANS OR UTENSILS IN THE STEAMER.

Cook times on the following pages are approximations only. It is important that recommended steam times not be exceeded without first checking the food. If food appears to require additional steaming, remove from the steamer, inspect, and if additional time is required, return to the steamer and resume steaming. Do not add additional time without first opening the door and inspecting food. Factors that will affect the steam time of a particular food item are: starting temperature, portion size, food shape, container used and food volume.

IF YOU HAVE NOT READ YOUR OWNER'S MANUAL, PLEASE DO SO NOW BEFORE YOU BEGIN STEAMING.



Applesauce

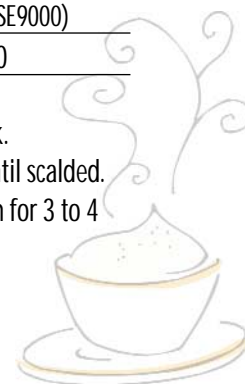
Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
4 cups	Room	100%	3:00	2:30

Special Notes: Used 3 lbs of baking apples, peeled, cored and sliced. Add 1/2 to 3/4 cup sugar, 1/3 to 1/2 cup of water and cinnamon. Steam until apples are tender. Mash or puree until sauce is desired consistency.

Custard

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
6 - 6 oz.	Room	100%	5:00	4:30

Special Notes: Based on custard prepared from 4 eggs, 1/3 cup sugar, 1/2 teaspoon vanilla, and 2 cups milk. Mix eggs, sugar, vanilla and pinch of salt together and set aside. Steam milk for about 1:30 minutes or until scalded. Blend into egg mixture. Divide evenly into 6-ounce custard cups. Arrange cups in circle in oven and steam for 3 to 4 minutes or until the custard is soft set. Serve warm or chilled.



Peach Cobbler

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
6 oz.	Refrigerated	100%	:15	:14

Special Notes: Use the steamer to reheat prepared cobbler.

Steamed Fruit with Custard Sauce

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 med. fresh fruit	Room	100%	:45	:30

Special Notes: Any fresh fruit sliced. Steam for time indicated and drizzle with yogurt or custard sauce.



Individual portions are easy to prep and serve when you steam in pierced microwave-safe plastic bags.



Egg Casserole

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 - 5 lb. bag	Refrigerated	Stage 1 100%	4:15	3:53
		Stage 2 100%	4:15	3:53
		Total 8:30	Total 7:46	

Special Notes: Used pasteurized frozen eggs from *Sunny Fresh*. Spray pan with vegetable spray. Mix 20 oz. of *Ore Ida O'Brien* potatoes into egg mixture before heating. Stir after stage one. Use a 4" pan with lid.

Scrambled Eggs

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 - 5 lb. bag	Refrigerated	Stage 1 100%	3:45	3:25
		Stage 2 100%	3:45	3:25
		Total 7:30	Total 6:50	

Special Notes: Used pasteurized frozen eggs from *Sunny Fresh*. Spray pan with vegetable spray. Stir after stage one.

Scrambled Eggs

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 - 5 lb. bag	Frozen	Stage 1 30%	5:00	4:30
		Stage 2 30%	5:00	4:30
		Stage 3 30%	3:30	3:15
		Total 13:30	Total 12:15	

Special Notes: This method is used to defrost pasteurized frozen eggs from *Sunny Fresh*. Place Cambro lid directly on the floor of the steamer. Place frozen product directly on the lid in the oven. Take out after each stage and break up product. Be careful not to puncture holes in the bag. Temperature when done should be around 39 degrees



Chef's Tip

When using stage cooking, be sure to stir and inspect food after each stage.



Bacon, Pre-cooked

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
28 slices	Refrigerated	100%	:42	:35

Special Notes: Used 35/45 count bacon. Place entire amount of bacon on trivet in a 4-inch half-pan and add lid.

Bacon, Raw

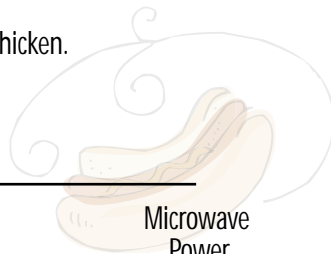
Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
18 slices	Refrigerated	100%	3:15	2:51

Special Notes: Use a 4-inch half-pan with trivet and lid. Place parchment paper on trivet. Used three total layers of six pieces each with parchment paper between and on top with lid capping pan.

Chicken, Pre-cooked

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
.82 lbs.	Refrigerated	80%	:45	:30

Special Notes: Based on 1/2 chicken.



Hot Dogs, Foot-long

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
12 each	Frozen	Stage 1 80%	1:00	:50
		Stage 2 60%	:45	:40
		Stage 3 40%	1:45	1:20
		Total: 3:30		2:50

Special Notes: Hot dogs 7 oz to 1 lb foot long .



Chef's Tip

For best results, steam for minimum time indicated. Inspect food and steam for additional time if needed.

Italian Sausage, 3 oz. Pre-cooked

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
5 each (15 oz.)	Refrigerated	100%	2:00	1:45

Special Notes: Place 4 oz. of water in bottom of pan.

Pork Ribs, Pre-cooked

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1/2 rack (.67 lbs.)	Refrigerated	80%	2:30	2:20
Rack (1.34 lbs.)	Refrigerated	80%	3:15	3:00

Special Notes: Ribs were pre-cooked in sauce.

Pork Sausage Links

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
30 links	Refrigerated	100%	2:30	2:15
30 links	Frozen	100%	3:50	3:25

Special Notes: Sausage links were .92 oz each. Use a 4-inch half-pan with lid and trivet. Placed 2 rows of 12 and one row of 6 on top. *Quick to Fix* brand.

Pork Sausage Patty

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
18 Patties	Refrigerated	100%	2:30	2:15

Special Notes: Sausage links were 1.5 oz each. Use a 4-inch half-pan with lid and trivet. Placed 2 rows of 7 with one row of 4 patties on top. *Quick to Fix* brand.

Pork Sausage Patty

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
10 Patties	Frozen	100%	2:35	2:20

Special Notes: Sausage links were 1.5 oz each. Use a 4-inch half-pan with lid and trivet. Placed 2 rows of 4 with two patties in the middle on the top row. *Quick to Fix* brand.



Clams, Live

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
12 each	Refrigerated	100%	1:45	1:30
100 each	Refrigerated	100%	4:30	4:10

Special Notes: For best results, add 1/4 cup water and use a drain tray.

Crab Legs, Fresh

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 lb.	Refrigerated	100%	2:15	2:00
4 lbs.	Refrigerated	100%	4:15	3:50

Special Notes: For best results, add 1/4 cup water and use a drain tray.

Crab Legs, Frozen, Pre-cooked

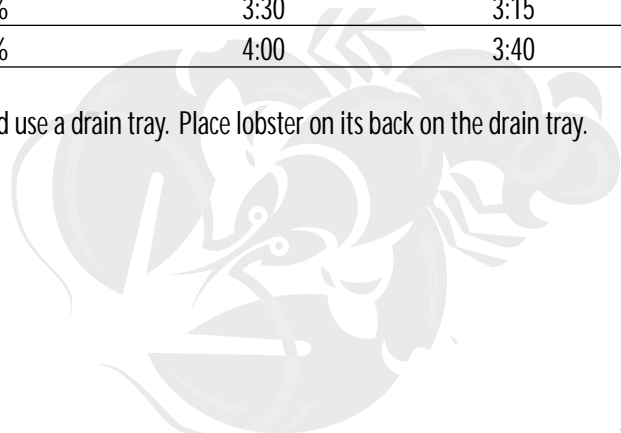
Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1-1/2 lbs.	Frozen	70%	3:30	3:10
3 lbs.	Frozen	70%	7:30	7:00

Special Notes: For best results, add 1/4 cup water and use a drain tray.

Lobster, Live

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
up to 1.25 lbs.	Refrigerated	100%	2:30	2:15
1.25 to 1.75 lbs.	Refrigerated	100%	2:45	2:30
1.75 to 2.00 lbs.	Refrigerated	100%	3:00	2:45
2.00 to 2.25 lbs.	Refrigerated	100%	3:15	3:00
2.25 to 2.50 lbs.	Refrigerated	100%	3:30	3:15
2.50 to 3.00 lbs.	Refrigerated	100%	4:00	3:40

Special Notes: For best results, add 1/4 cup water and use a drain tray. Place lobster on its back on the drain tray.



Lobster, Pre-cooked

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1-1/4 lb.	Frozen	100%	3:10	2:50

Special Notes: For best results, add 1/4 cup water and use a drain tray. Lay tail down before cooking.

Orange Roughy, Fresh

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
4 oz.	Refrigerated	100%	:30	:25

Special Notes: Cook in microwave safe bag and place one pat of butter on fish.

Oysters, Live

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
6 each	Refrigerated	100%	1:20	1:05

Special Notes: Add 1/4 cup water and use drain tray.

Polluck

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
5 oz.	Refrigerated	100%	:30	:20

Special Notes: Steam in microwave safe bag with rosemary and onion.

Rainbow Trout, Fresh

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 each	Refrigerated	100%	:45	:30

Special Notes: Place 1 pat of butter and wrap with plastic wrap. Punch approximately 15-20 holes in the plastic wrap prior to steaming.

Salmon, Fresh

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1/2 lb.	Refrigerated	100%	1:40	1:30

Special Notes: Add 1/4 cup water and use drain tray.

Shrimp, Raw (50-60 ct.)

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 lb. Fresh	Refrigerated	100%	1:00	:50
1 lb.	Frozen	100%	1:45	1:30
2-1/2 lbs.	Refrigerated	100%	3:30	3:00

Special Notes: Add 1/4 cup water and use drain tray.

Shrimp, Frozen (40 ct.)

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
8 oz.	Frozen	100%	2:10	1:50
1 lb.	Frozen	100%	3:00	2:45
3 lbs.	Frozen	100%	4:30	4:00

Special Notes: Add 1/4 cup water and use drain tray.



Artichoke, Fresh

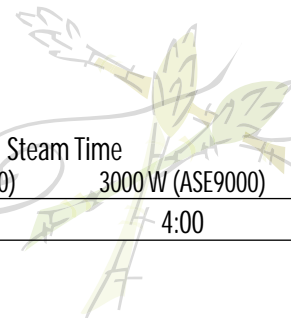
Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
6-8 oz.	Room	100%	2:00	1:40

Special Notes: Place in microwave-safe ceramic bowl and cover with plastic wrap.

Asparagus, Fresh

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
6 lbs.	Room	100%	4:30	4:00

Special Notes: Add 1/4 cup of water.



Baked Beans

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000W (ASE9000)
1 - 10# Can	Room	100%	8:15	7:25
1 - 10# Can	Refrigerated	Stage 1 100%	6:30	5:50
		Stage 2 80%	5:30	5:00
			Total: 12:00	Total: 10:50

Broccoli, Fresh

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
2 lbs.	Room	100%	2:30	2:15
2 1/2 lbs.	Frozen	100%	5:00	4:30
4 lbs.	Room	100%	4:30	4:00

Special Notes: Add 1/4 cup of water.

Beets, #10 Can

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
6 1/2lbs.	Room	100%	8:30-9:30	7:30-8:30

Special Notes: Utilize liquids from can when steaming.

Carrots(baby), Fresh

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
5 lbs.	Room	100%	10:00-11:00	8:00-10:00

Special Notes: Add 1/3 cup of water. Steam for 5:00 minutes. Stir center. Steam for 5:00 more minutes. Add additional time if needed.

Carrots(crinkle-cut), Frozen

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
4 lbs.	Frozen	100%	8:00	7:30

Special Notes: Add 1/3 cup of water.

Cauliflower, Fresh

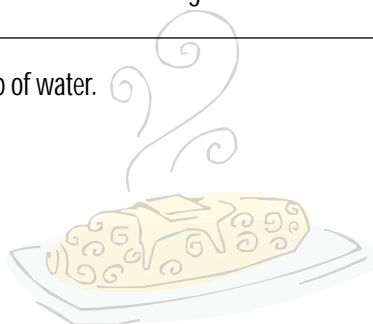
Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
3 lbs.	Room	100%	3:00	2:30

Special Notes: Add 1/4 cup of water.

Corn on the Cob

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 to 2 - 5" ear(s)	Frozen	100%	5:45	5:15
4 - 5" ears	Frozen	100%	8:00	7:30
1 - 3" ear	Frozen	100%	3:30	3:10
2 to 5 - 3" ears	Frozen	100%	5:00	4:30
5 to 9 - 3" ears	Frozen	Stage 1 100%	3:30	3:10
		Stage 2 80%	3:30	3:10
		Total: 7:00	Total: 6:20	
18 - 3" ears	Frozen	Stage 1 100%	4:00	3:40
		Stage 2 50%	14:00	13:20
		Total: 18:00	Total: 17:00	

Special Notes: Add 1/4 cup of water.



Corn, Niblets

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
32 oz.	Frozen	100%	5:00	4:30
5 lbs.	Frozen	100%	8:00-9:00	7:30-8:30

Special Notes: Add up to 2 cups of water to cover pan contents.

Francais Blend(carrots & string beans)

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
4 lbs.	Frozen	100%	7:30	6:45

Special Notes: Add 1/4 cup water. Interrupt steaming at 4:00 to stir contents.

Green Beans

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
7 lbs.	Room	100%	6:30	6:00
#10 can	Room	80%	10:00	9:15
#10 can	Refrigerated	80%	12:00	11:00

Special Notes: Utilize liquid from can when steaming.

Greens

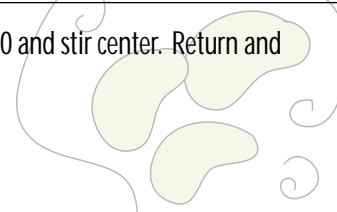
Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
#10 can	Room	80%	5:00-6:00	4:30-5:30

Special Notes: Utilize liquid from can when steaming.

Lima Beans

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
5 lbs.	Frozen	100%	10:00-12:00	9:00-11:00

Special Notes: Add salt, pepper, margarine and 1/4 cup water. Steam for 5:00 and stir center. Return and steam for remaining time. Add additional time as needed.



Peas, Black-eyed

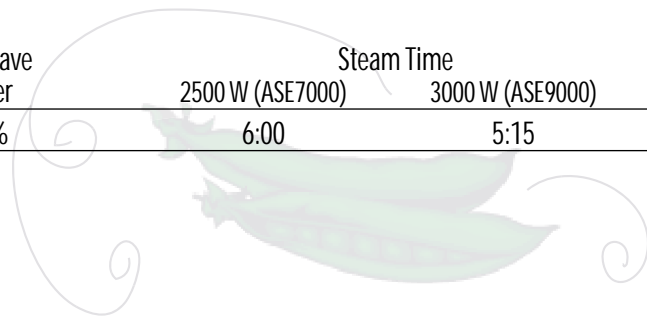
Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
10# Can	Room	100%	8:00	7:15

Special Notes: Utilize liquid from the can.

Peas

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
32 oz.	Frozen	100%	6:00	5:15

Special Notes: Add 1/8 cup water.



Peas, Snow

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
8 oz.	Frozen	100%	:45	:35

Special Notes: Add 1/8 cup water.

Pinto Beans

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
10# Can	Room	100%	8:45	8:00

Special Notes: Utilize liquids from the can.

Potatoes, Baked

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
3 (70 ct.)	Room	100%	6:30	6:00
1 (80 ct.)	Room	100%	2:30	2:10
3 (80 ct.)	Room	100%	4:00	3:30
7 (100 ct.)	Room	100%	8:00	7:15

Special Notes: Pierce raw potato skins, place in pan with lid on.

Potatoes, Mashed

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
6 lbs.	Frozen	100%	5:30	4:45

Special Notes: Use 4" pan with lid.

Potatoes, Sweet

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
#10 Can	Room	100%	6:00-7:00	4:45-5:45

Special Notes: Utilize liquids from the can when steaming.

Spinach

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
#10 Can	Room	100%	7:00	5:45

Special Notes: Utilize liquids from the can when steaming.

Tomato, Stewed

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
#10 Can	Room	100%	5:00-6:00	3:45-4:45

Special Notes: Utilize liquids from the can when steaming.

Vegetables, Mixed

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
8 oz.	Refrigerated	100%	:30	:20
4 lbs.	Frozen	100%	7:00-7:30	5:45-6:45

Special Notes: For 8 oz. portion- place in microwave safe bag before steaming. For large batch, add 1/4 cup water. Steam for half of the time indicated above. Stir center of pan and steam for remaining time. Vegetables in the mix were broccoli, cauliflower and carrots.



Alfredo Sauce

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
8 lbs.	Refrigerated	80%	10:45	9:45

Clam Chowder

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
8 oz. Cup	Refrigerated	100%	:25	:15

Cream of Broccoli Soup

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 Gallon	Frozen	80%	23:00	20:00

Special Notes: Use a 6" pan. Steam for 11 minutes. Stir and break up frozen middle. Steam for remaining time.

Spaghetti Sauce

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
24 oz.	Room	100%	2:00	1:30

Special Notes: Steam in a pan with a lid.

Vegetable Beef Soup

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 Gallon	Frozen	100%	19:00	17:00

Special Notes: Steam for half of the time indicated above. Stir and break up frozen pieces. Steam for remaining time. Also works for Chicken Gumbo, Chicken Noodle and Minestrone Soups.



For best results,
Steam cream soups
at 80% power.



Fettuccine - Pre-cooked

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
7 oz.	Refrigerated	100%	:25	:20

Special Notes: Steam in a pan with a lid.

Rice, Broccoli & Cheese

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
29.3 oz box	Room	100%	12:00	11:00

Special Notes: Used *Uncle Bens*. Used a 6" pan. Add 9 cups of water and 1/2 cup of butter. Stir with wire whip prior to steaming. Let rice complete steaming with cover on for 20:00. Excess liquid will be absorbed during this time.

Rice Pilaf

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
24.6 oz box	Room	100%	12:00	11:00

Special Notes: Used *Uncle Bens Chicken Flavor*. Use a 6" pan. Add 7 cups of water and 1/4 butter. Stir with wire whip prior to steaming.. Keep lid on while rice finishes steaming.

Rice, White (bulk)

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 lb. box	Room	Stage 1 100%	3:00	2:40
		Stage 2 70%	6:00	5:30
		Total: 9:00	Total: 7:10	

Special Notes: Use a 6" pan. Add 4-3/4 cups of water. Make sure liquid does not overflow from the pan. Use an 8" pan if necessary.

Spaghetti

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 lb. box	Room	Stage 1 100%	2:00	1:45
		Stage 2 70%	3:00	2:30
		Total: 5:00	Total: 4:15	

Special Notes: Use a 6" pan. Add 6 cups of water .

Enchilada with Sauce

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
6 oz.	Refrigerated	100%	:40	:30

Macaroni & Cheese

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
6 lb. Pan	Refrigerated	Stage 1 100%	5:30	4:45
		Stage 2 80%	4:00	3:45
		Stage 3 60%	1:30	1:10
		Total: 11:00	Total: 9:40	
6 lb. Pan	Frozen	100%	30:00	27:00

Chicken & Noodle Casserole

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 Half Pan	Refrigerated	Stage 1 100%	10:30	10:00

Special Notes: Casserole contains precooked chicken and noodles. Mixed peas and carrots.

Chicken & Dumplings

Batch Portion	Food Start Temperature	Microwave Power	Steam Time	
			2500 W (ASE7000)	3000 W (ASE9000)
1 Half Pan	Refrigerated	Stage 1 100%	6:35	6:00

Special Notes: Casserole contains precooked chicken and dumplings.



FOR MORE INFORMATION

Amana Commercial Products Division offers a complete line of commercial steamers, microwave and combination ovens to fit a wide variety of foodservice operations.

For more information, contact your local Amana Dealer, call 888-AMANAS1 (262-6271), or visit www.amanacommercial.com for the location nearest you.

Form No. ACRR0126 Rev. 6/01
© 2001 Amana Commercial Products Division
Printed in the USA

Amana
HIGH PERFORMANCE HAS A NAME
www.amanacommercial.com